



**DINING LOCATION**\_\_7151 York Ave – Edina

**PHONE**\_\_952.893.1449

**OCTOBER 2016 - SENIOR DINING MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Pulled BBQ Beef White Bun Corn Chowder Coleslaw Banana Bar	Bratwurst on a WW bun Sauerkraut Diced Squash Potato Salad Apple Strudel Bites	Baked Pollock <b>ALT: Sliced Roast Turkey</b> Tartar Sauce Scalloped Potatoes Steamed Broccoli Multigrain Bread w margarine Frosted Yellow Cake  <b>RCD: Unfrosted Cake</b>	Swedish Meatballs Egg Noodles Mixed Vegetables Diced Peaches Dinner roll w margarine Vanilla Pudding	Cheeseburger on Whole Wheat Bun Ketchup & Mustard Pkt Tator Tots w Ketchup Pkt Vegetable Blend Cherry Tart w Topping  <b>RCD: No Topping</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Strips w Honey Mustard Macaroni & Cheese Mixed Vegetables Chilled Pears Apple cinnamon Cookie  <b>SR: Omit Honey Mustard</b>	Beef Meatloaf w/ketchup glaze Baked Potato Sour Cream & Margarine Carrot Coins Dinner Roll w margarine Chocolate Brownie	Chicken Parmesan Garlic Mashed Potatoes Green Beans French Bread w margarine Frosted Chocolate Chip Cake  <b>RCD: Unfrosted cake</b>	Lemon Pepper Tilapia <b>ALT: Lemon Herb</b> Chicken Breast Tartar Sauce Steamed White Rice Mixed Vegetables Fresh Fruit Tapioca Pudding	Chicken & Wild Rice Casserole Normandy Blend Vegetables Tropical Fruit Cup White Roll w margarine Toffee Chip Cookie
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Colby Cheese Omelet Turkey Sausage Links Breakfast Potatoes Muffin Juice cup Chilled Peaches	Beef Chili & Beans Mashed Butternut Squash Corn Bread w margarine Applesauce Frosted Pumpkin Bar  <b>RCD: Unfrosted bar</b>	Chicken Stir Fry Jeweled Rice Vegetable Mini Egg Roll Mandarin Oranges Plum Sauce Pkt Soy Sauce Pkt Sugar Cookie  <b>SR: No Soy Sauce Pkts</b>	Spaghetti & Beef Meatballs Garlic Breadstick w margarine Italian Vegetables Diced Pears Cheesecake Square	Roast Pork w Au jus <b>Alt: Salisbury Steak</b> Mashed Sweet Potatoes Mixed Vegetables WW bread w margarine Apple Pie  <b>RCD: Apple Slices</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Beef Tator Tot Hot dish Green Peas Diced Peaches Rye bread w margarine Brownie	Turkey Sloppy Joes on a bun Green Beans Potato Wedges w ketchup Fresh Fruit	Beef Pot Roast Mashed Potatoes & Gravy Carrot Coins Dinner roll w margarine Chocolate Cake with Orange Frosting <b>RCD: No Frosting</b>	Beef Stew Warm Biscuit Warm Apple slices Creamy Coleslaw Raspberry Fluff	Chicken Cord Don Bleu Wild Rice Pilaf Peas & Carrots Multigrain bread w margarine Chocolate Tart w Topping <b>RCD: No Topping</b>
<b>31</b>				
BBQ Beef Riblet Pickles Whole Grain Roll Oven Fries & Ketchup Mixed Veggies Fresh Fruit				

1% milk and margarine are served with each meal. SR=salt restricted, RC=restricted calorie dessert. Your comments are welcome: call 952-945-4156. Volunteers of America Senior Nutrition Program serves all seniors regardless of race, color, sex, disability, national origin, or religion. The service is funded through a contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program and participant contributions. Upon request, this information will be made available in an alternative format: Braille, large print or audiotape. For TDD, contact Minnesota Relay Service at 1-800-627-3529.